



MARCENT

Family Newsletter



VOLUME 7, ISSUE 7

January - February 2013

Inside this issue:

- MARCENT Commander's Family Readiness Policy
- MARCENT Tampa & Bahrain News
- Information & Resources

IMPORTANT PHONE NUMBERS:

- Family Readiness Officer,
[Mr. Daniel Abato](#)
813-827-5787
- Deputy Family Readiness Officer, FWD
[Maj Katrina Palilla](#)
- MARCENT 1stSgt
[Gabriel Wilson](#)
813-827-7146
- MARCENT FWD 1stSgt
[Lester Williams](#)
- TRICARE, 813-827-9906
- Airman and Family Readiness Centers
MacDill AFB
813-828-0145
Brandon, 813-655-9281
- MacDill AFB Family Advocacy, 813-827-9172
- MacDill AFB Chaplain
813-828-3621
- MARCENT FWD Chaplain
[CDR Kenneth Counts](#)
- MacDill AFB Youth Ctr.
828-7956
- MacDill AFB Visitor Ctr.
828-2826
- MARCENT TAMPA CDO
827-7009

TO THE FAMILIES OF MARCENT TAMPA & MARCENT FORWARD BAHRAIN

On behalf of the Marines and Sailors of MARCENT, let me personally thank all of you for your continued support of the Command. Being the spouse and family member of a Marine, especially if forward deployed, is a unique challenge. When you add to this the rigors of our Marines and Sailors participating in contingency operations and the many exercises we undertake in around the globe, it makes being part of the Marine Corps and Navy family a significant challenge. You have my greatest respect and admiration as to how well you handle these challenges while you simultaneously raise your family and live your daily lives. Thank you.



The MARCENT Family Readiness Program is intended to provide resource information and training in addition to support services to enhance a Marine's personal and family readiness, and exists for the following reasons:

- *To provide a conduit for information about what may be taking place with your Marine or Sailor.*
- *To provide accurate, timely information to our families.*
- *To treat our families with dignity and respect.*
- *To assist you in developing the skills and tools needed to be better prepared and to cope more effectively with the stresses of military life.*
- *To help you better understand the Marine Corps and how it works, but more importantly to provide you with the tools to enhance your family's resilience and cohesion.*
- *To create a support network of like-minded "Spartan Spouses" able to handle the rigors of Marine Corps life.*

By becoming involved in family readiness as a volunteer or simply by attending one of the many programs of Marine Corps Family Team Building, such as Lifestyle Insights Networking Knowledge and Skills, (L.I.N.K.S), you will educate yourself as to how the Marine Corps operates, find a great number of fellow spouses who share your hopes and concerns, and become part of a support network which will allow you to better handle the challenges of Marine Corps life. If you have already become involved with these activities, I would ask that you continue to do so and also ask you to solicit the participation of fellow spouses who might only need some encouragement to get involved. Whether you take advantage of these tremendous opportunities or not, I must ask that all of you keep your unit Family Readiness Team Network informed of your whereabouts, especially if you move or change your phone number. We must know how to get in touch with you in case of emergency or to pass information about your Marine and his or her unit.

Again, thanks for your unwavering support of our Marines and Sailors. I am committed to keeping you informed about the command's activities and doing all that we can to support you, especially while your Marine or Sailor is away.

*Robert B. Neller
Lieutenant General, USMC*

MARCENT Tampa & Bahrain News

Welcome our new additions to the MARCENT Family



Cpl Brian Munoz and LCpl Kayla McLaughlin (G-6) welcomed their new daughter, Aaliyah Christine Munoz, who was born 20 January 2013 at 2339. She weighed 7 lbs. and was 20 inches long. Mom, baby and dad are all doing well.

Our Career Planner, SSgt German Buendia, and his wife Tatiana welcomed their son, Anthonny Falcao Buendia, who was born 26 January 2013 at 0610. He was 19 inches, 6.14 pounds. Mom, baby, and dad are all doing well.

On 19 January 2013 several MARCENT Marines volunteered to help judge a VFW JROTC Drill Meet.

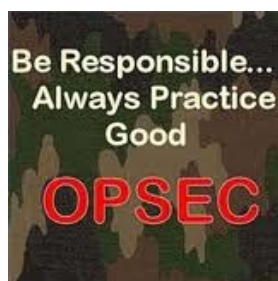
Cpl Chantise Watson
Sgt Jessica Martin
Sgt Ronald Wilson

did an outstanding job judging the drill routine of JROTC cadets at the all day event.



OPSEC TIP OF THE MONTH

"View your mission, operations, and activities through the eyes of the adversary. Protect sensitive information; it saves lives."



Tax season is upon us

Taxes are required to be filled by 15 April 2013

As a military service member and/or U.S. citizen residing overseas, you are allowed an automatic 2-month extension to file your return and pay any amount due without requesting an extension. For a calendar year return, the automatic 2-month extension is to June 15. For additional information, please visit:

<http://www.irs.gov/Individuals/Military>



Military One Source can help!

Military OneSource tax counselors can assist you by locating and referencing specific tax definitions, helping you to make an informed decision about your tax situation. Knowledge of the unique tax requirements and issues related to military personnel and their families will be incorporated into counseling sessions when applicable.



Military OneSource tax counselors can:

- Review IRS regulations/state tax regulations and forms to locate the definition or information related to your questions
- Locate and reference military-specific tax information
- Help you figure out which numbers should be entered into which fields of particular form(s)
- Provide electronic copies of needed IRS or state tax forms
- Explain additional tax services available to the military community such as VITA Clinics on base and H&R Block at Home®
- Review options for utilizing a refund—savings, paying down debt
- Connect you to other Military OneSource provided non-medical counseling or work-life services

Military OneSource tax counselors cannot:

- Answer H&R Block technical questions
- Answer questions related to Trusts and LLCs (other "tax shelter" options)
- Prepare or file your state and/or Federal taxes for you
- Provide advice or "directives/declarative statements" to you, i.e., "you should do....."; "you must do..."

Don't put your tax filing off to the last minute. Take advantage of the resources available for military families that can make tax time stress-free.

MARCENT Tampa News

MARCENT Marines raise the colors at the Gasparilla Distance Classic running event.



Pictured L-R Gasparilla Race Director, Sgt Timothy Backer, Cpl Jeremy Fisher, Cpl Joshua Dempsey and Tampa Mayor Bob Buckhorn



A large crowd was on hand at this years Gasparilla Distance Classic

MARCENT bids Farewell to "Web Goddess" Tara Cady

A farewell ceremony was held on 22 February in her honor after eight years of dedicated service with the MARCENT HQ. Tara's expertise and dedication contributed significantly to the success of the MARCENT's web based programs. She developed and implemented the first ever Microsoft Sharepoint portal environment and numerous software applications that have been instrumental to the success of the information and knowledge management processes for the Headquarters. Her innovative programs and many contributions will continue to serve MARCENT for years to come. She will be sorely missed by the staff and we wish her and her husband Michael the very best in their future endeavors.



Tara pictured with LtCol Chris Gallagher, (G-6)

MARCENT Tampa NEWS

MARCENT over 30 Basketball Team in Action



Pictured L-R Maj R. Taylor, GySgt T. Freeman, GySgt D. Thomas, MSgt R. Benoit, SSgt T. Hicks, LCDR J. Jones, MGySgt R. Brown, Sgt R. Cooper, Capt D. Ortiz, SSgt C. Miller



MARCENT FORWARD NEWS

From the MARCENT Chaplains Corner

By: Chaplain Ken Counts

Surely February is the best month of the year because it brings love and candy with Valentine's Day. As you anticipate all that candy and love here's a proven formula for giving and getting the best Valentines ever.

Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, it does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things. Love never quits.

We seem to equate "LOVE" with feelings and spontaneity. You can convince yourself that love just happens quickly and unexpectedly. Of course love involves feelings. (Thanks be to God!) But feelings come and go. Based on the above words, we can deepen and strengthen our marriages and family relationships and then the feelings will expand and bring greater joys.

As I read it again, I don't find many feelings among those words. If love is "patient" what does patient feel like? Bragging is not a feeling. Arrogance is not a feeling. But when you brag or mistreat someone else, you arouse feelings in them. Those are not the right feelings you wanted to produce, and they quench love. Others do not get a thrill from listening to us say, "I love me because I am awesome!" That is self-centeredness and it suffocates the loving feelings in others.

Successful Valentines need less self interest and more energy for pleasing and honoring the one you say you love. Read the words again and notice how unselfishly the love described behaves. Love really requires giving and doing good things for the ones you say you love. Instead of demanding that others love us, the focus changes. Instead of expecting to receive love, we are expected to give love. See the difference? Instead of asking, "What am I getting?" love searches for ways to serve, honor, listen to, or do anything unselfishly to help the ones loved. Whether you feel loved or not, you can and should do the loving thing for the other person. We should do what is best for them because we care for them.

Love honestly is a lot of work. The quotation above catalogues a list of actions and admirable qualities that you must labor to show and do if you actually do love someone. People will test you. They can tell when you only pretend to be interested because you want something for your own gratification. Love can feel like work when you don't feel like it is "paying" off like you want it to. But if or when you really love someone you work to win their heart, to catch their eye, to persuade them to give you another chance. You stick with it when you love somebody.

This Valentine's Day perhaps it will help to think about those who have loved you to be more like them. Remember your parents, your neighbors, and the eternal Lover who fulfilled these words from I Corinthians 13 that we have considered here. We all need to be loved. There is nothing greater than finding lasting love. But it isn't cheap.

Can love be rekindled? Can the feelings we might lose be restored?



SgtMaj McGovern Bids Farwell

I hope everyone had a great Holiday season and welcome to 2013 the year of the snake! Effective 1030 on 12 February I passed the sword of MARCENT FWD on to SgtMaj Mario Marquez.

He and his wife Yasu are coming to the command from Okinawa, Japan and I wish them the best of luck in such a fluid, motivating and energetic command.

I first want to thank all of the Marines and Sailors that have made it such a joy to be part of the greatest organization in the world; the United States Marine Corps. The work ethic displayed by many of you lets me know that as always we are headed in the right direction. I wish you all much success in the future.

Next, I want to thank the spouses that are here with us at MARCENT FWD. Probably the most unique assignment you will ever go with your Marine! All of you have been very supportive and are great sources of inspiration, kindness and caring for not only your own families but your extended families; the Marines and Sailors of the command.

I hope we are providing as much information as possible in ensuring that you are all more than prepared for any issue or concern. Do not hesitate to contact our FROs, Mr. Dan Abate or the HQ CO Commander Maj Katrina Patillo, if you have a concern or question.

In closing, I want to say that I have been extremely proud of every Marine and Sailor of this command. Most importantly is that our success is largely due to our families that continue to shoulder the lion's share of the responsibilities at home while we go traipsing around the globe. We love and miss you all.

Semper Fi,

John J. McGovern

SgtMaj, MARCENT FWD



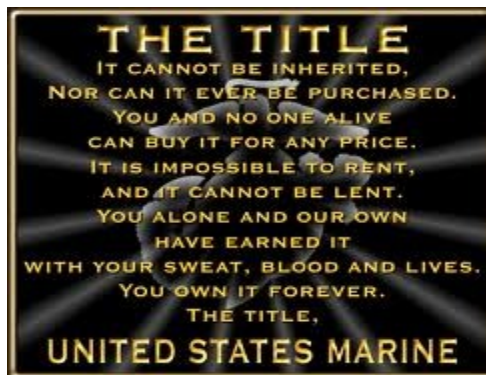


From the everyday stressors of life to the stressors related to combat, stress can affect even the strongest Marine. The DSTRESS Line was developed by the Corps to provide professional, anonymous counseling for Marines, attached Sailors, and families when it's needed most.

Call today to speak with one of your own. From the everyday stressors of life to the stressors related to combat, stress can affect even the strongest Marine. The DSTRESS Line was developed by the Corps to provide professional, anonymous counseling for Marines, attached Sailors, and families when it's needed most. Call (1-877-476-7734) today to speak with one of your own.

January—February Re-enlistments

SSgt Ryan D. Thompson
SSgt Hugo J. Vargas
GySgt Daniel J. Sanders
GySgt Marvin S. Simpson
MSgt Raymond R. Benoit
MSgt Matthew C. Maras



Cpl Joshua S. Dempsey is selected as U.S. Marine Corps Forces, Central Command

Marine of the Quarter 4th Quarter 2012



Congratulations!

MARCENT Promotions and Awards January –February 2013



Capt Anibal Rodriguez congratulates Sgt Michael Gerry at his promotion ceremony



Capt Armstrong with his wife Nicole at his recent promotion ceremony



Capt Allison Dolby is pinned by her mom Beth Dolby and LtCol Charles Dunne at her promotion ceremony.



GySgt Christopher M. Lavey is pinned by Maj Sid Velandy and GySgt Joe Loewy at his recent promotion ceremony.

**Congratulations
and
Semper Fi!**

**MCMAP**

During
December
2012 through
January 2013
the following
MCMAP belts
were awarded:

MAIT: MCMAP

Sgt William K. Mullen
2nd Degree MAIT

Sgt Brian Velasquez
1st Degree MAIT

Black Belt

Sgt David Avalos
Re-Cert Black Belt
Instructor
Sgt Scott A.
Achtemeier,
Sgt Adam D. Bicknell,
Sgt Leon M.
Branchaud,
Sgt Ron A. Hinds

Brown Belt

Cpl Nicholas R.
Domoe,
Cpl Jared K. Harrington,
Sgt David Jimenez

Green Belt

PFC Kyle A. Van Vleet,
LCpl Walter K. Hines,
Sgt David Jimenez,
Maj Eric T. Jones,
Sgt Lance W. Johnson,
LCpl Logan L.
Kennedy,
Maj Jonathan H.
Vaughn

Grey Belt

Maj Esteban F.
Beamon,
Cpl Earl Thompson,
LCpl Logan L.
Kennedy

SgtMaj John J. McGovern, MARCENT
FWD Sergeant Major is presented with
a Marine Raider 75th anniversary
Stiletto in appreciation for his
support of MARCENT Marines and
Families.

MacDill AFB , Tampa Florida



SgtMaj McGovern pictured with
MGySgt Anthony Lynam

Congratulations!**Promotion to Warrant Officer**

I would like to give a Shout out to
my beautiful wife Elizabeth Camp-
bell who was promoted to Warrant
Officer on the First of February
2013. I am Very proud and happy
for her and I wish her the best while
she's training at TBS.

GySgt Antonia Campbell
MARCENT FORWARD
Utilities Chief (G-4 Engineering)



Marine

MARCENT Forward Promotions and Awards***January 2013***

Corporal Jared K. Harrington
Corporal Earl J. Thompson IV
Sergeant David L. Jimenez Jr.
Sergeant Sergio G. Perez,
Sergeant Jacob G. Vasquez,

**Captain Nicholas R. Butner was promoted to his current
rank on 1 February 2013, by Brigadier General Gregg P.
Olson, Commanding General, U. S. Marine
Corps Forces, Central Command Forward.**



Congratulations and Semper Fi!

MARCENT NEWS

Sexual Assault

24/7

Hotlines:

MacDill
AFB:813-828-
SARC (7272)

NSA Bahrain:
DSN (318) 439-
3421 (Cell
1785-3421)

DOD Safe
Helpline:
877-995-5247,
Outside the US
202-470-5546

MARCENT
Uniformed
Victim
Advocate (UVA)

TAMPA:
813-827-7128

BAHRAIN:
439-8570 OR
439-8549

Sexual Assault
Response
Coordinators
(SARC)

MacDill AFB:
813-828-SARC
(7272)

NSA Bahrain:
439-8516 (Cell:
3947-8417)

DoD
**Safe
Helpline**
Sexual Assault Support for the DoD Community



**SgtMaj Fineran pictured with MARCENT
Commander LtGen Robert Neller**

**SgtMaj Lawrence P.
Fineran, MARCENT
Sergeant Major,
receives Legion of
Merit Award**



***MARCENT receives an overall outstanding
performance during a recent HQMC Inspec-
tor General inspection. Several individuals
and sections were recognized for noteworthy
performance.***

**Sgt Michelle Castleberry, Seps & Retirement
Sgt Jonathan Sutton, Ground Ordnance Maintenance
GySgt Christopher Lavey, Voting/Limited Duty
GySgt Joseph Loewy, Suicide Prevention
Ms. Holly Jefferson, GTCC**

**CPAC and the Adjutant sections were
given honorable mention.**



Congratulations and Semper Fi!

MARCENT NEWS

MARCENT Tampa

Unit, Personal and Family Readiness Command Team:

Commander: [Lieutenant General Robert B. Neller](#)
 Command Team Advisor: [Mrs. D'Arcy Neller](#)
 Family Readiness Officer: [Mr. Daniel Abate](#)
 Chief of Staff: [Colonel Mike Brassaw](#)
 Sergeant Major: [Sergeant Major Lawrence P. Fineran](#)
 Single Marine Program Rep: [GySgt Laci Spencer](#)

MARCENT (FWD) Bahrain

Unit, Personal and Family Readiness Command Team:

Commanding General: [Brigadier General Gregg P. Olson](#)
 Command Team Advisor: [Mrs. Dawn Olson](#)
 Deputy Family Readiness Officer: [Major Katrina Patillo](#)
 Chief of Staff: [Colonel Richard Jackson](#)
 Sergeant Major: [Sergeant Major Mario Marquez](#)
 Chaplain: [CDR Kenneth Counts](#)
 Single Marine Program Rep: [Sgt Sebastian S. Crawford](#)

On February 6th Lieutenant General Robert Neller provided an informative brief to local retired Marines on the current state of the Marine Corps.

Attendees were able to view and handle current equipment that Marines deploy to combat zones with.



eMARINE Updates

The First Lady of the Marine Corps (FLOTMC) page is now public and accessible right from the eMarine home page. Users no longer need to log in and subscribe to eMarine to view her page. You will see a button to access the site above the Announcements section on the right side of the main page. Remember you can always access the FLOTMC page from any unit site by going to Featured Links.

Have you Registered?

To receive current Family Readiness information and resources you must register to access to your unit website. Contact your FRO if you have any questions.

www.emarine.org

INTERESTED IN FOREIGN SERVICE?

Marines and family members, if you are interested in the Foreign Service and have questions regarding such a career, our Political Advisors (POLAD) have offered their time and expertise to assist you.

[Mr. Don Brown, MARCENT](#)

[Mrs. Patricia Aguilera, MARCENT FWD](#)

Mr. Brown and Mrs. Aguilera are available to answer questions or provide assistance.



MARCENT FORWARD NEWS

Bahrain Pack learns the value of Scouts

The Boy Scouts of America all over the world serves U.S. citizens living overseas. Here in Bahrain, Pack 826 carries the organization's proud tradition.

According to Pack 826 Den Leader Lieutenant Colonel Jason Perdeu, a Marine serving here, Cub Scouts help parents and children grow together, be better citizens, learn life skills and have fun through a program of weekly den meetings, monthly pack meetings and special events that involve the whole family.

In addition, to add a sense of accomplishment to the character and skills that are built, scouts earn belt loops and badges which will help them advance to the next level and ultimately become boy scouts by the sixth grade.

"I like the fact that scouting activities promote a healthy lifestyle, responsibility toward family and personal growth," said Perdeu. "Specifically, the outdoor activities like camping get my son out of the house and playing with other boys his age. I also like the chance and time to provide a positive role model for the boys."

Marine Major Cheddy Matthews explained the benefit he gets from his son being a part of the program; even from a distance.

"While deployed I received a video of my son winning a series of races with a model boat he constructed, powered by nothing more than a straw used to blow the boat's sail," he said.

Major Matthews explained how his son quickly learned that blowing too hard would make the boat capsize, and in turn developed a method that propelled his boat faster than the other competitors without causing it to overturn.

"Seeing that was definitely one of my proudest moments as a dad, and I was grateful to see his problem-solving skills yield such successful results," said Matthews.

"The Boy Scout program fosters awareness in many ways that are beneficial to them, not only as children, but as productive, socially contributing adults in the future. They are more cognizant of the world around them, those in need, those in trouble and those who are doing things they would like to do also," he said.

He said that experience motivated him to get involved more with the scouts.

"Volunteering enables me to show my son firsthand the value of community involvement and service to others. Most importantly, I am able to share some daddy-son experiences that we can remember through the years," he concluded.

Marine Lieutenant Colonel Stephen Kahn said the greatest benefit for him is spending more time with his son, especially when that opportunity for military families is often unavailable to many families.

"I have been involved as a volunteer with scouting for four years now and really enjoy the extra time with my son. That added time, especially in today's high-operational-tempo environment means a lot to me, and my son enjoys it as well. It also allows me to provide a positive influence on the other scouts, especially those whose fathers are deployed. It is a small way to give back to friends and neighbors in our community," he said.

Pack 826 provides more than just an extracurricular activity. It provides those involved quality time with their children, closer relationships, while learning, growing and better preparing for the future.



A cub scout practices a jump shot while instructed by Marine MSgt Alan Dukes, who volunteers with the Boy Scouts of America Pack 826 in Bahrain, during a recent campout event at NSA Bahrain. The boys played an assortment of sports, such as basketball, volleyball and soccer to earn badges; because a large part of the program is teaching the scouts the value of teamwork, sportsmanship, focus and camaraderie building.



A scout, freestyle swims to earn a swimming badge during a camp-out event at NSA Bahrain. Scouts earn belt loops and badges which will help them advance to the next level and ultimately become boy scouts by the sixth grade.



Scouts of Pack 826 crowd around Den Leader Marine Lieutenant Colonel Jason Perdeu (Far Right) and Marine Major Cheddy Matthews, to receive badges at the Bahrain Boy Scouts of America camp-out event.

MARCENT FORWARD NEWS

Viper Strike in Bahrain!

Marine's rare car relocation births rare opportunity

When one service member contacted his favorite car enthusiast magazine to update his mailing address, he said he never expected what would happen next.

Lieutenant Colonel Wesley Frasard of Marine Corps Forces Central Command Forward and owner of a 2005 Dodge Viper received an offer to be featured in a commercial magazine.

The magazine is a full color product published six times a year by the Viper Club of America (VCA), an organization for Viper owners and enthusiasts that provides worldwide networking and vehicle insights and updates in the latest releases, models, parts and driving techniques. Lieutenant Colonel Frasard is also a VCA member.

Lieutenant Colonel Frasard received the offer when he called to get his VCA entitlements and magazine subscription forwarded to his new address in Bahrain, he said. The details of his new duty station became the subject of conversation."

"When I requested the status of my membership through VCA, I informed them that I would like my membership card before I left for the Middle East.

During this dialog, there came an interest in shots [pictures] of my Viper in Bahrain for possible publication in Viper Magazine," he said.

The opportunity came as a surprise to the Detroit, Mich., native, but he said he loves his "toy" and is very proud to own it.

"I was confused at first, but I quickly formed an understanding of the unique opportunity I have with this car in a place that most will never get to see with their own Vipers," said Frasard. "But, it was never a thought of mine that a certain type of car in Bahrain would be a feature story."

According to Chris Marshall, editor and chief of viper magazine, it was exactly the type of story the magazine would be interested in.

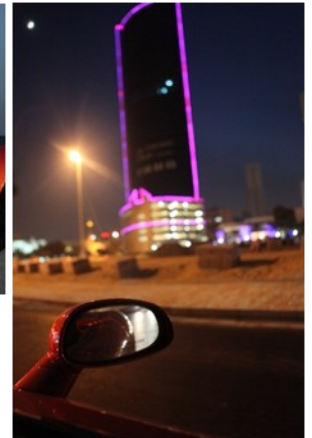
"We regularly feature stories about owners from around the world, whether they are submitted by the owners themselves, written by our staff writers, or submitted by someone else on the owner's behalf," said Marshall. "Certainly, a Marine stationed overseas makes for a great and inspiring story."

Marshall also said that these types of stories help the VCA gain support in different regions, which in turn support charity programs like the Wounded Warrior Project.

Lieutenant Colonel Frasard said he is humbled by this opportunity, and he hopes that this feature will give him a bit of leverage in his attempts at bringing membership to the Middle East for a new regional club.



Lieutenant Colonel Wesley Frasard, of Marine Corps Forces Central Command and Viper Club of America member, stands with his 2005 Dodge Viper in front of the Grand Mosque in the Kingdom of Bahrain. Frasard's rare vehicle will be featured in a popular car magazine. He hopes that this feature will attract other Viper enthusiasts here to join a new VCA Middle East regional club.



MARCENT FORWARD NEWS

HORSE PLAY: Marine pastime builds new skill, lasting memories, friendships

Young Marines and sailors stationed here are afforded unique opportunities through the Naval Support Activity's Morale, Welfare and Recreation events and the U.S. Marine Corps Forces Central Command Forward's Single Marine Program.

Sergeant Sebastian Crawford, MARCENT FWD's Single Marine Program (SMP) coordinator, explores these opportunities first hand by saddling up at the Kingdom of Bahrain's Dilmun Club, where he receives equestrian lessons.

According to the Dilmun Club's official website, the Dilmun club is a social club that provides a safe, relaxed and friendly atmosphere for a wide range of social, sporting and recreational activities. One of which is horseback riding.

Crawford said he uses this experience and others to recommend events to other single Marines and sailors.

"The experience is amazing. Learning how to ride in the Middle East is an awesome adventure," he said.

Crawford explained that the cultural differences and some language barriers have made the training interesting, but the cost to train here is relatively inexpensive for the quality of training compared to places in the U.S. and, with all these aspects combined, he has a new found love for the sport.

"I first rode a horse when I was two years old. Initially my parents took me horseback riding, and I would also ride on the farms of friends, but I didn't grow up on a farm or a house with stables. I never had a real trainer," he added.

Crawford receives lessons from Hussein Abdalhha, a Dilmun Club riding instructor and Kingdom of Bahrain native. Abdalhha has been instructing for 10 years, and he said he enjoys every minute of it.

Regardless of culture or nationality, Abdalhha said he teaches his students the importance of being physically, mentally and emotionally strong when learning to ride; and the most important thing is to be calm and patient.

"Learning to ride is a good experience using the brain a lot more than many would think," he said. "You must have a good understanding and feeling for the horse. You ask the horse to go over the jump and by knowing how to communicate with it will determine if he or she is happy to do it. If you do something wrong or they don't feel your prominence, they will remind you."

Carina Abdulrahman, the Dilmun Club stable manager, has been working at the club since June, however, her experience around horses span more than 22 years.

"I just enjoy horses. A lot of people use riding as therapy. In addition to that, it's a great place to meet people," she said.

Crawford, who visits the club two to three times per week, agrees and says he has developed better relationships with locals there.

"Learning how to ride is very demanding, both mentally and physically. Every time I walk away from a riding lesson I leave with an added sense of self confidence and accomplishment," he said.

Crawford hopes that by the end of his tour here, he will have the equestrian skill and ability to take up related competitive sports such as polo and amateur horse jumping as a pastime. "I want to continue riding and find a riding club once I return to the states."

This is one of the many opportunities service members can take advantage of while stationed here.



Sgt Crawford, receives instruction from his riding instructor Hussein Abdalhha during a weekly lesson at the Dilmun Club of Bahrain. Crawford explores these types of recreational opportunities to experience and confidently recommend them to other single Marines and sailors that will promote a deeper appreciation of Middle Eastern culture, language and unique regional characteristics.



Sgt Crawford, feeds his horse sugar cubes during one of his weekly lessons at the Dilmun Club of Bahrain.



Sgt Crawford and his horse get reacquainted before beginning the lesson by doing a few laps around the training area during a weekly lesson at the Dilmun Club, of Bahrain.



Military OneSource is a free 24-hour service available to all active duty, Guard, Reserve members and their families regardless of activation status. Information and referrals are given on a wide range of issues including behavioral health. Face-to-face, phone and online counseling services are available.

**Stateside: 800-342-9647 Overseas: 800-3489-6477 (access codes available online)
www.militaryonesource.com**



www.macdillfss.com

Great resource for MacDill AFB information and activities.



www.cnic.navy.mil/bahrain

Great resource for Naval Support Activity Bahrain.



MacDill AFB Airman and Family Readiness Centers

Serving all Military personnel and their families in the Greater Tampa Bay area. Please visit www.macdillfrc.com to learn more about their services.

**Brandon: 710 Oakfield Dr., Suite 153,
Brandon FL 33511 813-655-9281**

**MacDill AFB: Post Office Plaza, Building 18,
8105 Condor Street MacDill AFB, FL 33609
813-828-2721/0145**



NSA Bahrain Support Services

The Fleet and Family Support Program Bahrain reinforces Operational Readiness by providing a wide range of services to the Military community.

www.cnic.navy.mil/Bahrain/FleetAndFamilyReadiness/SupportService

DSN 318-439-4046 Com 973-1785-4046